



SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING

January 2016

895 Main St., Box 11, Ashby, MA 01431 (978) 386-2424 ext. 27

coa@ashbyma.gov

Marcia Zaniboni Director
Mondays 9:00—11:00 am
or by appointment.

978-386-2424 (ext. 27)

Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor. There is an elevator on the back of the building for access.

SAVE THE DATES

January 6 Chat'n'Chew
January 21 Wellness Clinic
February 18 Wellness Clinic
February 19 Ballroom
Competition Trip

The newsletter **not** be mailed in February. It will be available at the Town Hall, Library, Café 873 and local stores. Look for March's newsletter back in your mailbox.

Website of the Month:

For information about Food
Stamps for seniors:
www.mass.gov/dta

Our Mission Statement:

The Ashby Council on Aging (COA) is dedicated to enhancing the quality of life of Ashby seniors by offering services that strive to promote each person's independence and healthy, successful aging.

SAND-4-SENIORS

Once again, we have volunteers who are ready to deliver a 5 gallon bucket filled with sand to those who are unable to get it on their own. Call Ollie at 978-386-5318 if you need some.

Also, if you have a 5 gallon bucket to donate please let us know.

If you are interested in helping with the delivery, we can always use more volunteers.

Chat 'n' Chew Wednesdays

For the winter months we will have breakfast for all our seniors and guests on the 1st Wednesday morning at 9:00am at Café 873.

A COA member will be present and and you will receive a 10% discount

Resources

HOME MODIFICATION LOAN PROGRAM

This state funded loan program can help you live independently at home by providing 0% and 3% loans. The 0% loans have no monthly payment and can be repaid when the home is sold. This is a great way to have ramps, stair lift and kitchen and bath adaptations done. Call the COA office to apply.

SHINE (Serving the Health Information Needs of Elders) Ashby's SHINE representative may be reached for appointments by calling **800-243-4636 (press option 3)**. Visit SHINE on the web at www.shinema.org.

Please note that October is when plans change, including costs. You may want to find out what the changes to your plan are. This is your annual opportunity to change your plan.

SUPPORT GROUPS

(Please call site to verify date/time)

CAREGIVER SUPPORT GROUP

Montachusett Home Care Corp.
680 Mechanics St., Leominster
(800) 734-7312

Meets 3rd Thursday of the Month
10:00—11:15 am.

***Need a Ride? Call for the van
at 978-386-2501 ext 11***

ALZHEIMER'S SUPPORT

The Highlands
335 Nichols Rd., Fitchburg
(978) 343-5368
Meets first Thurs. of month 6 p.m.

WIDOWHOOD SUPPORT

Montachusett Home Care Corp.
Facilitator: Peter Sylvia
(800) 734-7312
Meets Thursdays 5:30 p.m.

GENERIC MEDICATIONS

are available for a much lower cost at
Walmart, Target, Hannaford's and
Walgreen's.



Are you homebound or do you know someone who is? Are you recovering from an illness and stuck at home. Do you need cheering up?

Maybe some music is just what you need!

COA Volunteers, Oliver Mutch and Jan Miller, known as Watatic Notes, will come to your home and entertain you with some lively accordion and flute music. (There is no charge)

To arrange, call the office at: 978-386-2424 ext. 27

More Assistance

SCAMS - The Grandparent Scam

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts.

Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

WINTER HEALTH TIPS

During the winter months, ice, snow and cold temperatures can make life challenging for everyone-- especially for seniors.

Here is some helpful advice

Avoid Slipping on Ice Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low.

So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

Check the Car Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits - or ask a family member to take it to a garage for you. Checking things like oil, tires, battery and wipers can make a big difference on winter roads. And try to keep the gas tank full.

Things To Do

Mondays

The COA office at Town Hall is open from 9:00—11:00 am. Stop by for coffee and conversation. We have occasional programs as well. Please note it will be closed January 18th.

Tuesdays

Knit and other handcrafts at the Library 10:30 -12:30

Food Pantry 2nd and 3rd Tuesday, 6:00 - 7:30 pm

Wednesdays

Breakfast at Café 873 at 9:00. First Wednesday only for the winter months. Seniors will receive a 10% discount.

Thursdays

On the third Thursday (December 17th) a wellness clinic is offered by the Nashoba Board of Health Town Nurse at Town Hall (first floor Land Use Room) at noon.

Fridays

Take the van shopping. Here is the suggested schedule:

1st Friday Townsend Hannafords

2nd Friday Fitchburg (John Fitch) Market Basket and Farmer's Market

3rd Friday Lunenburg Hannafords

4th Friday Whitney Field Market Basket

Saturdays

Chair Yoga at Town Hall 9:00 am \$5.00 per class

Sundays

Beginner Yoga at Town Hall 8:30 am. \$5.00 per class



Special Programs

Ballroom Dance Competition

Friday, February 19

Calling all Dancing with the Stars fans!

Our next trip with Curmudgeon and Friends will be a day in Boston watching the Eastern United States Dancesport Championships at the Boston Renaissance Waterfront Hotel. This is competitive ballroom dancing in flashy gowns and formal wear. Mid-competition you will enjoy lunch at the hotel's M.C. Speido Restaurant, returning for more ballroom. Price is \$58/person, including transportation, admission and lunch. Sign up will begin on February 1st. Those who were on the wait list for the last trip may sign up earlier.

Wellness Clinic

Thursday, January 21

Nashoba Associated Boards of Health will have a wellness check with the Town Nurse on the third Thursday of the month at noon. The clinics are held at the Town Hall on the first floor in the Land Use Room. In March there will also be an eye exam by D'Ambosio Eye Care.

Monthly Breakfast at Café 873

Wednesday, January 6 9:30 am

Join your friends and neighbors on Wednesday, January 6th for an informational program on winter safety. A variety of Town employees and others will be there to give out helpful hints on staying safe, including driving, shoveling, staying warm and more.



Yoga is for Everyone

Chair Yoga on Saturday morning at 9:00 am offers healthy movement from seated and standing positions. Beginner Yoga on Sunday at 8:30 am focuses on simple yoga postures and routines. Both classes are offered at Town Hall on the 1st floor Land Use Room. Cost is \$5 per class.

Ongoing Programs

Meals on Wheels: The Ashby COA through Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation. Hot noon time meals are delivered to an individual's home. Frozen meals for evenings and weekends may also be available for delivery with the noon meal. Each meal meets 1/3 of the RDA for adults, and is appropriate for a 'no added salt' diet. Therapeutic diet meals are available with a doctor's prescription.

Eligibility: Must be at least 60 years of age and homebound. Requested donation is \$2.25 per meal. Call the Ashby COA office at 978-386-2424 ext. 27 if you would like to receive Meals on Wheels.

ASHBY FOOD PANTRY is here to help residents looking for assistance. It is open on the 2nd and 4th Tuesday of each month from 6:00 - 7:30 pm in the Selectmen's meeting room at Town Hall. Please bring proof of residency. If you have questions, please contact ***ashbyfoodpantry@gmail.com***

Veterans' Agent is **Joe Mazzola** and he can be reached at **(978) 597-1700 ext. 1729** if you have any questions regarding Veterans benefits. He is available at Town Hall in Townsend on Tuesdays 2-6 p.m. or email: veterans@townsend.ma.us

File of Life: The File of Life is a magnetic envelope containing your medical information and who to notify in case of an emergency. It goes on your refrigerator and is easily accessed by emergency personnel. Please call our office at 978-386-2424 ext. 27 if you would like a File of Life. There is no charge and we can mail one to you.

Ashby COA Van: MART Shuttle Service is available to all eligible (60 years or older, or ADA qualified) individuals. A van is dedicated to Ashby residents on Mon. - Fri. from 8 a.m. to 5 p.m. for medical appointments and shopping. Contact **Jennifer Collins, Mon.-Thurs. at 978-386-2501 ext. 11** to schedule a ride by 2:30 p.m. the day before the travel date. To cancel a ride, please call MART at For *first time users*, please call to request that an application be mailed to you. If you need assistance filling it out, call the COA office.

Want To Go Shopping with a Friend? Call the Van

Outreach

The Ashby Council on Aging's "Outreach Program"

The purpose of the Outreach Program is to make contact with Ashby's senior citizens, determine their needs and interests, and meet those needs and interests through appropriate referrals, program development and advocacy. The COA Director can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call the COA office at **978-386-2424 ext. 27**.

Applications/Information Available at the Council on Aging Office

- Food Stamps
- Home Modification Loan Program
- MA Health Buy-In Program
- RMV Disable Placards app.
- Senior Pass (for federal parks)
- Circuit Breaker Tax Credit
- Caregiver info. Packet
- Fuel Assistance
- Prescription Advantage



Ashby Council On Aging

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Ashby, MA 01431

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Volunteer Positions Open

Newsletter Team Leader

Contact volunteers to set time to collate
newsletter every month.

Supervise and assist on collating.

On months newsletter is mailed, newsletter
needs to be folded and address label attached

On other months, organize volunteers to
distribute newsletters to pre-determined
places in Ashby

COA Board

Jan Miller, *Chair*

Nancy Catalini, *Vice Chair*

Oliver Mutch, *Treasurer*

Elsie Fredrickson, *Secretary*

Linda Stacy

Jann Grutchfield

Faith Anttila

Council on Aging Meetings

The COA meets on the second
Wed. of each month (except July
and Aug.) at 3:30 p.m. in the
COA office which is located on
the third floor of the Lyman
Bldg. Meetings are open to the
public. All are welcome.